

## 8A – Reading Exercise 2.7

**A. Matching: Match the person to the healing tradition mentioned in the reading passage. Write the letter next to each name:**

1. Emma's father \_\_\_\_\_
2. Mei \_\_\_\_\_
3. Fitri \_\_\_\_\_
4. Samuel \_\_\_\_\_
5. Oliver \_\_\_\_\_

- a. makes a traditional tonic known as 'jamu'.
- b. enjoys the vitamin-rich fruit of his homeland.
- c. tends to herbs that reduce anxiety and stress, and even help with sleep.
- d. transforms apples into a healing concoction.
- e. appreciates the health benefits of ginger.

**B. Choose the correct answer**

1. What healing property is apple cider vinegar particularly noted for in the passage? \_\_\_\_\_  
A. Improving eyesight  
B. Lowering blood sugar  
C. Increasing energy instantly  
D. Enhancing memory
2. Mei associates ginger with: \_\_\_\_\_  
A. A modern health trend  
B. A refreshing morning drink  
C. Traditional spice markets of China  
D. Reducing cholesterol
3. What ingredient combination is used in Jamu? \_\_\_\_\_  
A. Ginger, turmeric, lemongrass, honey, and water  
B. Ginseng, chamomile, lavender, and mint  
C. Guava, ginger, and lemon  
D. Tea leaves, honey, and cinnamon
4. Which plants does Oliver tend to in the UK? \_\_\_\_\_  
A. Lavender, chamomile, and herbs  
B. Ginger, turmeric, and lemongrass  
C. Guava, ginseng, and goji berries  
D. Apples, mint, and cinnamon
5. What is the overall purpose of the passage? \_\_\_\_\_  
A. To argue against modern medicine  
B. To compare different cooking traditions  
C. To explore healing traditions around the world  
D. To promote the use of one specific remedy

**C. Answer Questions**

1. What is the main ingredient in the concoction Emma's father made?

2. Which tradition drink does Fitri prepare, and what are its main ingredients?

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3. What effect does the tea made from ginseng and goji berries have, according to the elders in Singapore?

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4. Compare and contrast the uses of ginger in Chinese tradition (Mei) and Javanese tradition (Fitri).

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5. Which natural remedy mentioned in the passage do you think is the most effective? Why?

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